A Personal Narrative Research

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English Composition I

Why Procrastination Is Killing The Youth

I have been working one day in my Spanish class at my high school for my second year. The class made a Group project for a restaurant that was due until a month later. I thought it meant that I could take things slow and not worry about it. I would procrastinate until the last day. Then the project was due in 1 day and I was panicking. It was a lot to do for 1 day due to my procrastination. Then we had to do restaurant making, build the restaurant, and make a menu for the restaurant. It took us almost every day to do it. Then I got 0% with my group. Procrastination is bad for the youth today more than ever. We have been saying all the time with these

big assignments with these long due dates “oh it’s not a big deal.”

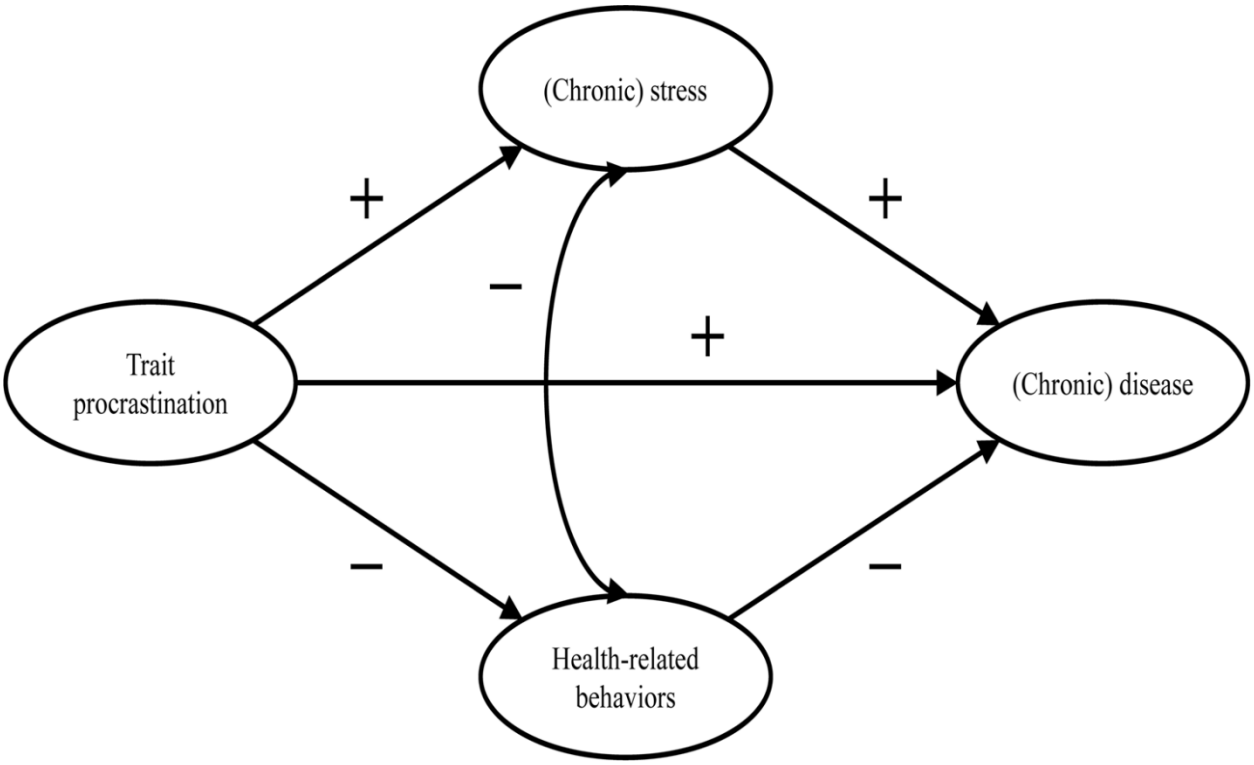
People are always on their phones thinking they can do it later when they aren’t and the panic goes up. Which means we process information less. The students also get less good grades. According to IE University “Numbers are particularly high among students, with 80-95% of this group being estimated to engage in procrastination.

Dr. Joseph Ferrari, professor of psychology at DePaul University and a leading voice in the study of procrastination, says that a true procrastinator “has twelve things to do, maybe does one or two of them, then rewrites the list, shuffles it around, then makes an extra copy of it. That’s procrastinating.” They say it’s not a big deal, but it really is from many experiences.

We struggle to deal with procrastinating as something having to feel about how we don't want to do things that we don't want to do. Many reasons procrastinating is fuel by feelings. Also it is cause by mental illnesses. According to JAMA Network "The study included 3525 participants (2229 women [63%]; mean [SD] age, 24.8 [6.2] years), with a follow-up rate of 73% (n = 2587) 9 months later. The mean (SD) procrastination score at baseline was 12.9 (5.4). An increase of 1 SD in procrastination was associated with higher mean symptom levels of depression." It is often associated with depression when we look at the data shown from the Swedish study. It shows that it is a growing problem in Sweden.

Not just Sweden but in the U.S. as well. Our youth has a problem with mental health and procrastination. It has been a crisis growing in the U.S. and especially Gen Z and Millennials. According to the CDC "In 2019 — just before the COVID pandemic — the Center for Disease Control and Prevention's (CDC) 2019 Youth Risk Behavior Survey reported statistically significant increases in adolescent suicide, and the percentage of teens experiencing persistent sadness or hopelessness (from 26% in 2009 to 37% in 2019). Then the pandemic hit. The most vulnerable of these kids,

those at the tail end of Gen Z, are now in high school after having survived (but also having their world transformed by) the pandemic." This is how the BMC Psychology says how procrastination works.



What Mental Illness and Procrastination Leads to:

This will lead to massive procrastination problems when we look at mental health because it is viewed as a coping mechanism. This can lead to mass laziness which is bad for the economy. It's bad for many reasons: One it can stop things getting to where they need to be or tasks being delayed which can mean people can't get the things they need which could raise the cost of living for everyone. Also, it

can cause major physical problems like: like disabling the nervous system to process which is harmful for the body. That's why Procrastination is Killing our Youth.

Procrastination Psychology: Understanding Effects, Causes, and Solutions - Happiness. IE

Johansson, F. (2023, January 4). *Associations Between Procrastination and Subsequent Health Outcomes Among University Students in Sweden*. JAMA Network . https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2800006